

Poached Snapper with Dill Butter

ANOTHER FRESH SEAFOOD IDEA

Posted January 31, 2012

Almost any fish can be poached, but those that flake into small pieces, such as snapper and trout, work best. And lean fish such as flounder and grouper cook better this way than fatty fish such as mackerel, which have a strong flavor.

- 6 small snapper fillets
- 6 cups water
- 2 cups dry white wine
- 1 large onion, sliced
- 2 carrots, sliced
- 4 celery stalks, with leaves, sliced
- 3 sprigs fresh parsley
- 1 bay leaf
- 3 sprigs fresh thyme
- 1 teaspoon salt
- 1 teaspoon black peppercorns, crushed

Prepare Dill Butter and set aside.

Combine poaching ingredients in fish poacher or large, shallow pan. Bring to boil. Partially cover, reduce heat and simmer for 20 to 30 minutes.

Gently place fish in poaching liquid. Cook, uncovered, until fish flakes easily when tested with a fork, about 10 minutes. Carefully remove to serving platter. Serves 6.

Dill Butter

- 1 stick butter or margarine, softened
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground white pepper
- 1 teaspoon fresh lemon juice
- 4 tablespoons minced, fresh dill

Place margarine in small bowl. Add garlic, salt, pepper and lemon juice and blend well. Gently stir in dill. Spread on hot fish.

From: [Mariner's Menu: 30 Years of Fresh Seafood Ideas](#)

Contributed by [Joyce Taylor](#)